

Bathroom Banter!

**Your private connection
to wellness!**



Save the Date for the City Managers 5K Run / Walk

This race now part of the Alamo Running Series and open to the public will lead up to the annual Rock N' Roll Marathon.

Title: City Managers Step Up to Wellness 5K Run / Walk

Date: February 23, 2013

Location: SeaWorld of Texas

Kickoff: 8:00 a.m.

Registration: COSA employees – Free

Up to four Family and Friends – \$7.00 each

Visit the In The Spotlight on COSAweb to register

Cool Extra: SeaWorld Admission Ticket + Meal Voucher – \$26.80

Virgin HealthMiles Has Begun

Register Now!

You already do some healthy things. So why not get rewarded for it? That's what Virgin HealthMiles is about: rewarding you for healthy choices.

It can be as simple as a lunchtime stroll. The more you do, the more rewards you get. So try gardening. Choose apple slices over chips. Try a new vegetable.

Just get started.

Register now at www.virginhealthmiles.com/login and select **Looking for how to join?** and enter **City of San Antonio**

Haven't Completed Your Health Risk Assessment Yet?

No problem!

If you are a civilian employee enrolled in the City's health plan, you have until **September 30th** to complete your HRA found on myuhc.com to earn **\$100** to your Health Savings/ Flexible Spending Account.

Don't forget that your **spouse/ domestic partner** who is also enrolled in the City's health plan can also earn **\$100** by completing their own HRA.

But remember, the sooner you complete it, the sooner you earn your reward!

Resolve for a Better SA 5k

Proceeds benefit the Junior League of San Antonio

Saturday, January 12, 2013 at 8:00a.m.

Bright Shawl, 819 Augusta Street

Run along the beautiful San Antonio River museum reach!

Early Registration: \$25, January 5-10: \$30

Day of Registration: \$35

Children 12 & under: \$10

Register: www.jlsa.org



TAKE THE HIGH ROAD ON THE HIGHWAY!



Deer Oaks, the City's Employee Assistance Program, will reimburse members for cab fare home in the event he/she is unable to drive due to impairment by alcohol or another substance.

This process is simple and confidential.

Take a cab and fax or email your paid receipt to:

Deer Oaks EAP Services

Fax: (210) 616-9667 or Email: eap@deeroaks.com



Healthy Recipe: Hearty Veggie Soup



1. Boil 3 ½ cups chicken broth, add 2 cups frozen mixed vegetables and 2 cups chopped tomatoes (canned with juice).
2. Simmer 15 minutes.
3. Add 1 ½ cups whole-wheat macaroni and cook until tender.

Makes 7 (1-cup) servings, 101 calories each!

Share this recipe with your family, friends, and coworkers!!

Contact us at wellness@sanantonio.gov or 207-WELL (9355)